

# Lima Bean Ragout with Tomatoes and Thyme

**Dietitian's tip:** Also known as butter beans, fresh limas are creamy with a mild flavor. Keep an eye out for them at your farmers market. Fresh fava (broad) beans are a good substitute in this flavorful side dish.

## Ingredients:

- 4 pounds fresh lima beans, shelled, or 2 packages frozen lima beans, thawed
- 2 tablespoons olive oil
- 1 tomato, peeled and seeded, then diced
- 1/2 yellow onion, chopped
- 3 cloves garlic, minced
- 1 bay leaf
- 1 1/2 teaspoons chopped fresh thyme
- 1/4 teaspoon salt
- 1 cup vegetable stock or broth
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley



## Directions:

Bring a large saucepan 3/4 full of water to a boil. Add the lima beans and cook until just tender-crisp, about 6 minutes. Transfer with a slotted spoon to a bowl of ice water to stop the cooking. Drain and set aside.

In a saucepan, heat 1 tablespoon of the olive oil over medium heat. Add the tomato, onion, garlic, bay leaf, thyme and salt and sauté until the vegetables soften, about 5 minutes.

Add the stock and bring to a boil over medium-high heat. Reduce the heat to low, add the cooked lima beans and simmer, uncovered, until heated through, 2 to 3 minutes. Discard the bay leaf and transfer to a serving bowl. Drizzle with the remaining 1 tablespoon olive oil and sprinkle with the chopped parsley

## Nutritional Analysis (per serving):

Calories 160

Protein 6 g

Cholesterol 0 mg

Carbohydrate 23 g

Sodium 261 mg

Total fat 5 g

Monounsaturated fat 3 g

Saturated fat < 1 g

Fiber 6 g

<http://www.mayoclinic.com/health/healthy-recipes/RE00057>